

Thursday, August 16, 2007

Thanks I can run

Some sweet food I ate produced me a high do/euphoria that..in some ways helped me a lot for that run..Not tired and smooth and fast it was but with secondary effects I will have to remember for not doing again.

Rainy weather and mocky. Slipped when running in my way to Annacoty but without major problems I could continue till the end.

Thanks

Gonza.

Posted by Gonzalo in Runner's Chronicle at 04:36